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THE
HISTORY, CLAIMS, AND PROSPECTS
OF
HYDROPATHY:

CONSISTING OF

Two Elaborate Articles reprinted from the

BRITISH BANNER OF JANUARY 2, 1850,

ESPECIALLY IN REFERENCE TO

DR. JOHNSON'S LATE WORK,

ENTITLED THE

DOMESTIC PRACTICE OF HYDROPATHY,

WITH COPIOUS EXTRACTS THEREFROM.

LONDON:
SIMPKIN, MARSHALL, AND CO.

IPSWICH: J. M. BURTON AND CO.

1850.

PREFACE.

THE following pages are from the pen of the talented and fearless Editor of the British Banner—a writer who dares to advocate a truth, although it be not adopted by the many.

The publishers, wishing to make Dr. Johnson's valuable work more generally and correctly known, have, with the hope of effecting that object, printed the review in the present form.

J. M. BURTON & CO.

IPSWICH,
Feb. 1st, 1850.

REVIEW.

The DOMESTIC PRACTICE OF HYDROPATHY: with Fifteen Illustrative Engravings on Wood. By EDWARD JOHNSON, M.D., assisted by his Sons, DR. WALTER and DR. HOWARD JOHNSON. Second Edition. LONDON; Simpkin, Marshall and Co. Demy 8vo, pp. 524.

*We very cordially congratulate the public on the re-appearance of DR. EDWARD JOHNSON, in this goodly octavo, of between five and six hundred pages. That gentleman earned for himself no small measure of praise and admiration, by his original, startling, and eloquent work, "LIFE, HEALTH, AND DISEASE," which we believe has already attained a run of some 12,000 copies. His "THEORY, PRINCIPLES, AND PRACTICE OF THE WATER CURE," fully sustained the reputation of the former, and the "RESULTS OF HYDROPATHY" powerfully fortified both; but the present work, from its magnitude, multifariousness, and power, can less correctly be said to sustain than to overshadow and shroud its predecessors. They are, however, all different; as different, at least, as generic identity of subjects will allow, and form so many branches of one great subject. The "*Domestic Practice of Hydropathy*," was the very thing required by the present state of the question, and the very thing wanted for the public. The subject is here simplified to the utmost, and it may be said to be brought down to the necessities of the many. The title of the book, to some small extent, discloses its object. It contains, first, a very minutely detailed description of the various Hydropathic processes, and directions as to the proper manner of performing them; with an enumeration of the several kinds of baths in use—their comparative powers, their individual effects, their temperature, the manner and times of taking them; observations regarding diet generally, clothing generally, sleep generally, and exercise generally, with necessary cautions concerning all these subjects. Secondly, it contains general observations on the Hydropathic treat-*

ment; its mode of action on the living system; with remarks on the nature of general and local disease. Thirdly, it contains a detailed description of the symptoms by which each disease is recognised, with its appropriate treatment; and particular directions as to diet, exercise, clothing, &c.

It is no part, however, of the object of the present volume, to flatter the sufferer into the belief, that he can wholly dispense with the services of medical men, which, wherever they can be obtained, are considered indispensable. DR. JOHNSON aspires to the honour of aiding the Family Doctor, to diminish the risks of self-treatment, and to increase the chances of a successful issue; but he does not come forward to increase and ratify the senseless clamour against all Drug Medicines. He considers both methods of treatment as means of Divine appointment, each in its own place, for promoting the welfare of human kind. So important is this matter, that we must cite our Author's own words:—

Neither have I meant, in whatever I have said against that profuse and irrational and daily administration of the most deadly drugs, which characterises the drug-practice of the present day—neither have I meant, I say, in whatever I have said on this subject, to join that senseless clamour against ALL drugs (in combination with Hydropathy) which has been raised and reverberated in all the Hydropathic works which I have read. I have always, in my earliest works, endeavoured to show the gross folly, or still grosser dishonesty, of this cry. For this I have been censured—and not by the unlettered and unprofessional practitioner only. In his case, knowing nothing of the uses or effects of drugs, it was natural that he should seek to abolish them utterly, that so he might bring down the science of healing diseases to the level of his own knowledge and acquirements; and we must not pry too curiously into the weak side of human nature. But the practice of administering drugs, however sparingly and rarely—however urgent the occasion—in conjunction with Hydropathic treatment—has been condemned, and unworthy motives attributed by those who should have known better. And as I believe myself to be the only Hydropathic writer who, at that time, openly advocated their occasional use, it is to myself only that the attribution of such unworthy motives would seem to apply. I, however, heartily forgive all this; and am glad to find that these same persons, in whose writings these erroneous doctrines stand recorded, have since seen the propriety of adopting that practice, which, in such strong terms, they then condemned.

DR. JOHNSON, on all occasions, pays proper respect to his professional brethren. According to him:—

It is not among the higher ranks of the professors of medicine that Hydropathy is decried—nor amongst the higher intellects. It is

among the lower intellects, and chiefly among the lower ranks. But by lower ranks I do not mean lower professional grade, but those whose practice, and therefore, whose experience, is small.

Indeed, there is but little, if any dispute, between DR. JOHNSON and the Heads of the Profession, as he has most clearly shown in his preliminary dissertation. The following are samples. Referring to DR. PEREIRA'S "Elements," which he designates a "performance of stupendous labour and research," he thus cites him :—

The cold water cure, or Hydropathy, though not yet admitted by the medical profession among the legitimate means which may be beneficially employed in the treatment of diseases, undoubtedly includes powerful therapeutic (*i. e.* healing) agents ; which, in the hands of the educated and honourable practitioner, might be most beneficially resorted to as remedial agents. It does not confine itself to the use of cold water only, but includes dry sweating, diet, exercise, and regulated clothing.

DR. CARPENTER, Professor of Physiology, is not less decisive in his testimony to the power of the Hydropathic principle. That gentleman says :—

The hot air bath, in some cases, and the wet sheet, which, as used by the Hydropathists, is one of the most powerful of all diaphoretics, will be probably employed more extensively, as therapeutic agents, in proportion as the importance of acting on the skin, as an extensive collection of glandulæ, comes to be better understood. The absurdity of the Hydropathic treatment consists in its indiscriminate application to a great variety of diseases ; no person who has watched its operations can deny that it is a remedy of a most powerful kind ; and if its agency be fairly tested, there is strong reason to believe that it will be found to be the most valuable means we possess for various specific diseases, which depend upon the presence of a definite *materies morbi* in the blood, especially gout and chronic rheumatism ; as well as that depressed state of the general system, which results from the wear and tear of the bodily and mental powers.

DR. C. J. B. WILLIAMS is alike candid and decided in his confession. According to him :—

The re-action which follows the judicious use of cold, as a therapeutic agent, may prove serviceable not only in resisting the further influence of cold, but also to remove congestions and irregularities in the circulation from other causes, and to excite in the capillaries and secernents, new actions which may supersede those of disease. It is thus that the water cure of Priessnitz chiefly operates ; and although too powerful an agent to be entrusted to unskilled and unscientific hands, it promises to become a valuable addition to the means of combating diseases, particularly of a chronic kind.

What these eminent men say, DR. JOHNSON *does*. They assert the power of Hydropathy ; he demonstrates it ; he and they are really very much as one. It has never been

our lot to confer with a medical man who denied the power of Hydropathy; they opposed only the quackery of it, and properly so, for the one is not less pernicious and perilous than the other. To represent one element—water—as a cure for all human maladies, is just as preposterous, as impudent, and, we may say, as impious, as to represent one drug as a cure for all human maladies. The merciful Creator has settled all disputes upon these points, among men who will hear; by giving such a variety, he has shown that each, in its own place, is good, and that all are needful for his afflicted creatures. What, therefore, is wanted, is skill to apply them, severally, to the innumerable maladies of a suffering world. The question seems to us to come just to this. All controversy is, therefore, at an end, and should never have had a beginning. That Hydropathy is a power, and a tremendous power, no sane man can deny. He who will deny this may, with equal decency, deny the power of steam. Do not they confess its power, who cry out of its danger? On the subject of comparative danger, DR. JOHNSON has the following paragraph:—

When the very rare accident of death occurring under the water treatment has happened, a coroner's inquest has sometimes been called. Whenever this has been a mere stratagem in order to bring discredit upon the treatment, it is simply silly and contemptible, and has never failed to defeat its own object. When it has been prompted by better motives, it is extremely unjust and partial, as was well explained, in very strong and indignant language, by the Recorder of London, in the case of Dr. Lovell. So long as it is notorious, and openly avowed by medical men, that their drugs do, not seldom, but very frequently, destroy the life they were given to save, with what shadow of justice can a coroner's inquest be called in the case of a suspected death by the water treatment, unless an inquest be also called in the case of suspected death by drugs? And yet, these latter are occurring every day in the year, and the suspicions acknowledged to be well founded by those who administered them! In the case of a suspected death from the water treatment (the practitioner being a medical man), the line of defence should be this. Let it be admitted at once (if there be good reason for believing it true) that death had been the unfortunate result in that particular case, from some rare peculiarity of constitution, or other uncontrollable cause. Then let six of the most eminent metropolitan drug practitioners be subpoenaed and sworn. Let them then be asked, how often they had seen death produced by drugs? If my memory fail me not, Dr. Chambers would say that he had seen eight cases of death resulting from iodine; and Dr. Pereira, three cases resulting from strychnine. Here then are eleven cases of death produced only by two drugs within the limited experience of only two medical practitioners. What may we infer to be the whole number of deaths caused by the whole number of drugs within the whole united

experience of the whole number of drug practitioners throughout England, Ireland, Scotland, and Wales—about thirty thousand? In the face of such evidence, with what possible colour of justice could a medical man be punished, although it were proved that he had lost a patient by the means which, in his conscience, he believed to afford him the best chance of recovery, unless it could also be shown that he lost more by his means than other men lose by the means of drugs?

After this, talk of assurance among railway passengers! The danger from doctors is a thousand fold! It is really worth getting up a company to insure patients of every class, both in and out of hospitals, and among all ranks and conditions of men. Homicide, on the scale of 30,000 human beings per annum, as the fruit of the healing art! Were these 30,000 man-slayers as honest as Abernethy, what discoveries should we have! That extraordinary man, when visited by a widow lady, and offered a present for his attentions to her deceased husband, plainly, barbarously replied:—"Madam, I killed him!" After this, the less that is said about the danger of the Water Cure, the better. But, seriously, at this rate, what slaughter these Doctors are constantly making among us! Nor can it be avoided; the ablest, the most vigilant, and most upright professional man, without a knowledge larger than belongs to mortals, must encounter the calamity. It will sometimes happen, that there is that in the human system which may render a medicine fatal, when in other cases, and under other circumstances—such as are supposed to exist—it would have been in the highest degree beneficial—even to the saving of human life.

It is just possible that the general, and even the professional reader, may form an erroneous idea of the true character of the work of DR. JOHNSON from its title. It is, therefore, proper to state, that it is not a mere discussion on the medical properties of water, but *a careful survey of the wide field of human misery*, such as that which is given us by DR. CULLEN, or DR. MASON GOOD, and other great writers on Medical Science, showing where Hydropathy may advantageously be called in, and the best mode of its application. It is, moreover, clearly demonstrated, by appropriate cases, that it alone has often the power of rolling back the tide of affliction and of death, when all the resources of the mineral and vegetable world have utterly failed, leaving physicians in dismay and patients in despair. *The book is pervaded by bold and vigorous disquisitions on the highest*

medical questions, in which all are interested. Take an example :—

Let us take the case of a man, of forty or fifty years of age, who finds himself the subject of certain obscure head symptoms, and certain well-marked stomach symptoms. If I were a patient in this condition, the following is the manner in which I should reason. I should say to myself: "Dr. A. declares that my head symptoms are produced by disease in my stomach. Dr. J. asserts that my stomach symptoms are produced by disorder in my brain. But both these gentlemen agree that brain disease can produce stomach symptoms, and that stomach disease can produce head symptoms. But, in my particular case, Dr. J. maintains that the disease is in my head; and Dr. A. that it is in my stomach. How am I to determine as to which of these conflicting opinions is right? Let me examine my past life. How have I lived? Have I been guilty of great stomach intemperance? No. Have I been a gluttonous eater? No. Have I lived chiefly on highly-seasoned ragouts, and peppered devils? No. Have I been an habitual drunkard? No. Have I been guilty of any one notable kind of stomach intemperance? No. Very well, then—I cannot perceive why my stomach, of all the organs of my body, should be pitched upon as the particular organ most likely to be the seat of disease in my particular case.

"But now, again: How have I used my brain and nervous system? I have got a good business, and twenty thousand pounds in the funds. How did I get it? By brain labour. I have got a high reputation as a barrister-at-law. How did I get it? By brain labour. I took high honours at Cambridge. How did I earn them? By brain labour in the field of mathematics. I have raised myself from the condition of a working mechanic to easy and competent circumstances. How did I achieve this? By the brain labour of incessant attention to business. Have I wearied my brain by much thought? Yes. Have I taxed my brain by close and long-continued attention to accounts? Yes. Have I stuck close to business? Yes, from morning till night, for the last twenty years. Have I had anxieties of mind? Yes. Have I incurred weighty responsibilities which weighed heavily on my mind? Yes. Have I bought more largely than my actual capital in hand would easily enable me to pay for? In one word, have I speculated? Yes. Has my mind been often bandied backwards and forwards between hope and fear? Yes. Did I ever enter into a trade to the easy and safe conduct of which my then capital was not equal? Yes. And did this give me no anxious thoughts and sleepless nights? Yes. Have I never laboured, by the sweat of my brain, to raise myself out of that condition 'whereunto it had pleased God to call me?' Yes. I was poor, whereas I am now rich. And the web of my wealth has been woven out of the entrails of my brain. Again.

"Have I been a man of pleasure? Yes. Have I indulged in any of those sensual pleasures which are known to act directly on the nervous system, and to exhaust it? Yes. Have I kept my brain under the continual excitement of a round of intellectual (that is, brain) enjoyments? Yes. Have I, night after night, for months together, been awake when I ought to have been sleeping? Yes. Have I been ambitious? Yes. Have I striven for public eminence

and notoriety? Yes. Have I been the subject of fashionable jealousies, petty emulations, secret heart-burnings, political contentions, studious habits, scientific pursuits indefatigably prosecuted, family discords, revengeful feelings which could not be gratified, love disappointed, and hope deferred? Yes. Yes. Yes. Very well, then—as all these are moral causes; and as moral causes can only act directly upon the brain; and through the brain upon the stomach, and other organs of the body; I can very clearly perceive why Dr. J. pitches upon the brain as the most likely organ to be the seat of injury in my particular case; since that group of morbid causes to which I have been for years constantly exposed, is, from its very nature, only capable of affecting the brain alone. If my stomach had been the organ abused, then I might have believed it to be the organ diseased.”

This passage will commend itself to many a poor wight in this great Metropolis, the abode of so much excitement, distraction, anxiety, and toil. On the subject of diet and regimen, there is also much valuable instruction. The following extract will meet the case of thousands of good citizens:—

POPULAR ERROR.

There is one popular error of great magnitude which I am very anxious to expose. It is commonly thought that the most nutritious food is the best food. This is a very natural error, and arises from the popular supposition that there is but one object in eating, viz., that of nourishing the body. But there are two objects, both essential to life, and of these two objects that of nourishing the body is of the less immediate importance. We eat for the double purpose of importing into the system two sets of elements—the elements of nutrition and the elements of respiration; and a man will live longer without the elements of nutrition than without the elements of respiration; though he cannot live very long without either. A certain bulk of food and of dross is, moreover, essential to healthy digestion.

Dr. Beaumont, who had the singular good fortune to have a patient who, though otherwise quite healthy, had a hole in his stomach (made by a musket ball, and which never healed) sufficiently large to enable any one to see distinctly into his stomach while digestion was going on, and whom he took into his house and paid for the privilege of being allowed to make this case the subject of numberless experiments on digestion—Dr. Beaumont declares that bulk in food is nearly as necessary as the nutrient principle itself. Food which is too nutritious is, perhaps, to the full, as inimical to health as that which is not nutritious enough. Dr. Prout, one of the most eminent physicians of the present day, has some very judicious observations on this subject. “Of the numerous shapes assumed by lignin,” says he, “the best adapted for excremental purposes is, undoubtedly, the external covering of the seeds of the cerealia, and particularly of wheat (bran.) Bread, therefore, made with undressed flour, or even with an extra quantity of bran, is the best form in which farinaceous and excremental matters can be usually taken: not only in diabetes, but in

most other varieties of dyspepsia, accompanied by obstinate constipation. This is a remedy, the efficacy of which has been long known and admitted; yet, strange to say, the generality of mankind choose to consult their taste rather than their reason; and, by officiously separating what nature has beneficially combined, entail upon themselves much discomfort and misery."

"Debility, sluggishness, constipation, obstructions, and morbid irritability of the alimentary canal, have been among the principal roots of both chronic and acute disease in civic life, in all parts of the world, and in all periods of time; and concentrated forms of food, compound preparations, irritating stimuli, and excess in quantity, have been among the principal causes of these difficulties."

If a horse be fed on grain alone, he will soon die. If the husk of the grain have been removed before it is given to him, he will die sooner still. But if, as soon as he begins to droop, chopped straw, or even thin shavings of deal wood be given to him, he will recover his health and live. These experiments seems to me perfectly conclusive against the use of food in which the nutritive elements are too highly concentrated. Brown bread, therefore, and brown bread puddings are the best.

The only kinds of general diet which I think it necessary to distinguish here are dry diet, consisting solely of white bread and lean mutton or beef. Plain diet, consisting of bread, mutton or beef, and potatoes. Farinaceous diet, consisting of nothing but farinaceous pudding. Full mixed diet, consisting of bread, potatoes, the ordinary garden vegetables, lean mutton or beef, succeeded by farinaceous puddings. These forms of diet relate to dinner only, bread and butter being always taken at breakfast and supper. I use the word supper, to indicate the third meal.

The best kind of puddings are, every form of bread pudding and rice pudding. Next to those come tapioca, sago, arrow root, &c. &c.

The question here brought forward is, undoubtedly, worthy of the consideration of the inhabitants of great towns, and those connected with sedentary labour. On the subject of drinks, there is a most valuable section, which we must cite at length:—

ALCOHOLIC DRINKS AND TEA.

Every species of alcoholic drink must be carefully avoided. The patient's only drink should be water, with the exception of a little warm black tea for breakfast and supper, especially in winter. Cold water at these two meals, with delicate persons, and those whose circulation is languid, and whose vital heat is but slowly developed, will frequently so much lower the temperature of the stomach, as to leave a painful sensation of weight in the region of that organ for many hours afterwards. It is absolutely necessary that such persons should take some warm fluid at breakfast and supper in the winter season. But the tea should be black tea, and taken quite weak, and not hot, but warm. Cocoa is a nasty greasy mess, which swims like oil, on the surface of the contents of the stomach.

Milk is not a wholesome diet for adult invalids.

At Gräfenberg, smoking and snuff taking are freely and constantly practised, but it is far better that these habits should be at once discontinued, for they are undoubtedly injurious to all persons, in a greater or less degree; and with some constitutions they are so to a very important extent.

DRINKING WATER.

I am decidedly opposed to the indiscriminate drinking of large quantities of cold water. One cannot understand in what manner these large imbibitions are to operate, so as to be useful in the animal economy. We know precisely what becomes of the water soon after entering the stomach; we can trace exactly what course all this water must take—what channels it must traverse, between its entrance and its exit. We are perfectly well acquainted with certain physiological effects produced by it after it has been received into the system.

It dilutes the blood; it lowers the temperature, and therefore diminishes the vital power of the stomach; it puts certain systems of capillary blood-vessels on the stretch, to the great danger of bursting; and it over-taxes the kidneys. I have seen two cases of bloody urine which were fairly attributable to the excessive drinking of water.

The unfortunate gentleman at Nottingham, who died from excess of treatment, administered by himself, was found to have the fine, thin, transparent, mucous membrane of the stomach semi-dissolved into a gelatinous pulp (which was easily scraped off) by the quantities of water he had drunk. He had been covered with boils, and had a most ravenous appetite.

I believe he had drunk seven or eight pints daily.

These are the accidents and experiments by which we ought to profit.

It must be remembered that, in drinking cold water, the full shock of the cold is sustained by the stomach alone. It is from that organ alone that nearly all the heat is abstracted by the cold water. While the water remains in the stomach, it is continually abstracting vital heat from it. The water warms itself by heat abstracted from the stomach. When it leaves that organ, and enters the system, it has become warm water; and the heat which it has absorbed from the stomach into itself, it carries away into the blood-vessels, leaving the stomach chilled, and with a lower temperature than any other part of the body. This lowering of its temperature, repeated frequently, has a decidedly weakening effect upon the stomach. The capillary blood-vessels, deprived of their vital heat, become relaxed; they open and admit a larger current of blood; congestion thus takes place; irritation is set up, like that in a blood-shot eye; and a morbid craving for food, even between meals, is produced.

If the water imbibed, indeed, lowered the temperature of the whole body equally, the case would be different, and the practise less hurtful.

Thus, then, it seems there are certain well understood, and very obvious injuries which the large imbibition of water cannot fail to inflict, while the supposed benefits to accrue from it are altogether mystical, problematical, unintelligible. This, however, only applies to excessive drinking—drinking for mere drinking sake—as one

formerly swallowed physic. If persons are thirsty—if their mouths and stomachs are heated and feverish—let them drink as much water as is sufficient to allay these uneasy feelings. If the tongue be foul in the morning, and the mouth parched, half a tumbler of pure spring water will be found very refreshing and provocative of an appetite for breakfast. The quantity of water which each person should drink during the day must always depend on his own feelings. He may always drink when the doing so is agreeable to his sensations; when it is repulsive, never.

A large quantity of fluid should not be taken during dinner. It should not exceed half a tumbler-full; and the less the better, provided a proper quantity of food can be got down without it. A natural thirst will occur some three or four hours after dinner, and then a hearty draught of cold water will be delicious and useful.

All the intelligible good effects of water drinking will be as certainly obtained from drinking some six or seven tumblers a day (including meals) as by drinking more; while all the evils of excessive drinking will be avoided.

Whenever the appetite is deficient, I recommend the patient to drink a tumbler or two of fresh cold water before breakfast, and two before dinner, and to take cold water for breakfast and supper instead of tea, if it do not disagree with the stomach.

But when nothing is said about water drinking, no more is to be taken than necessary to allay thirst, and weak black tea is then to be taken at breakfast and supper.

After a very wide survey and much powerful reasoning, DR. JOHNSON, by one of those strokes of genius which distinguishes all his writings, breaks forth into a Catechism, which runs to a great length, and brings out, instructively and strikingly, a multitude of most important facts, *and closes with the following section, entitled:—*

THE HYDROPATHIC TREATMENT—HOW DOES IT ACT?

If I have succeeded in giving the reader a more rational and comprehensive notion of the true nature of disease—and the notion which I have endeavoured to give him is that which is entertained by all the best modern authorities, however much it is at variance with the modern practice of drug medication—he cannot fail of perceiving, I think, that there is something in the Hydropathic plan which is, in its very nature, singularly adapted for the cure of a large majority of all curable diseases. He cannot fail to observe how singularly the principles of its practice are in unison with the great general principles of nature, and the great general principles of disease. It does not deal with mere symptoms. It goes at once to the root of the matter. It deals with principles and causes. It does not tinker the human body and mend it with patches. It takes a great general and comprehensive view of disease and its causes. It does not consider it as a rat or a mouse, to be poisoned by a pill, nor an evil spirit, to be exorcised by a potion. It claims to be sensible, rational, and in harmony with the known laws which regulate and govern life, health, and disease.

It begins at the beginning. It begins by correcting all the known causes of disease; and by surrounding the patient with all the known causes of health. These it intensifies and concentrates into one focus. In the centre, as it were, of this focus, it places the patient. All the causes of health—all the known healthy influences—are accumulated and brought to bear upon him at once.

Having thus corrected the causes of disease, it next proceeds to correct the nutritive actions. It raises or depresses the circulation and respiration at will. It exercises complete control over absorption. It restores all the secretions, especially those of the bowels and skin. It has power to excite the action of the skin to an amount which is almost unlimited; and by increasing this one secretion preternaturally, it has the power of diminishing the others in proportion, if that be necessary; since it is well known, that in proportion as one secretion is in excess the others will be decreased. I have shown that the pores of the skin, if joined end to end, would form a tube twenty-eight miles in length. Surely there can be no difficulty in believing that if this tube be obstructed, and the matters which it is intended to carry into the blood be kept out of it—surely, I say, there can be no difficulty in believing that a very unhealthy and wrong state of the blood must be the necessary result. And it must surely be apparent that any treatment which has the power of restoring or augmenting the functions of this stupendous secreting tube, must be capable of exercising a beneficial influence on the health and, through its means alone, of curing many diseases. How plain and common-sense-like all this appears! How rational! how intelligible! how different from the practice of those who seek to cure diseases by the administration of little portions of certain drugs, concerning the manner of whose operation they have not, and do not even pretend to have, the slightest notion! and which reflection and common sense can only look upon in the light of charms. Well might some one (I forget, at this moment, who) exclaim: that a “drug practitioner is one who drops drugs, of which he knows little, into stomachs, of which he knows less.”

It has been long known that the skin is an important auxiliary respiratory apparatus, carrying out of the body and taking into it exactly the same matters and things which are taken in and carried out by the lungs in the act of breathing.

The recent researches and experiments of Liebig have now shown that the skin is also an assistant circulating apparatus, exercising a very powerful influence on the internal motions of all the animal fluids, by virtue of the transpiration which is always going on from its external surface, thus producing a perpetual tendency to a vacuum on its internal surface, by which the fluids of the body are perpetually urged towards it, and through it.

It exercises, moreover, a powerful influence over the chemical and vital changes proper to the blood and to the solids—what Liebig calls the change of matter. These changes are directly influenced by the temperature at the surface of the body. It is by virtue of these changes that the internal temperature is kept up—that the system is supplied with animal heat. Most ample and conclusive experiments have long since demonstrated that the internal temperature never varies, except to a very insignificant extent. The temperature of the

blood of the inhabitants of the North Pole is precisely the same as that of the blood of those who dwell at the equator. How does nature preserve this equable temperature? Thus: the moment there is danger that the temperature of the blood should rise above the healthy standard, she opens the pores of the skin, and so prevents the accumulation of heat by sending it out of the body with the perspiration. Experimenters on this subject have shut themselves up in ovens heated to nearly 200 degrees above the natural standard, and found it impossible, even thus to raise the internal temperature beyond the natural standard, to any notable extent.

But how does she prevent the internal temperature from being lowered? Thus: the animal heat is produced by the chemical changes proper to the blood and to the solids. The animal heat is a necessary result of these changes. The elements of the body are decomposed and recomposed, and during their recombination, heat, by a well-known chemical law, is extricated. When, therefore, there is danger of the internal temperature sinking too low from the external application of cold, the activity with which these changes are carried on, and, therefore, the activity with which internal heat is generated, is instantly augmented; and thus, as fast as the heat is abstracted from the surface, it is again supplied by fresh heat generated within. Thus it happens, that by cooling the body more or less frequently, and more or less intensely, according to circumstances, we exercise a complete control over the activity of the chemico-vital changes proper to the blood and to the solid body; since nature can only answer the demand for more heat by increasing the activity of the chemico-vital changes. And the general health and strength and buoyancy of the body will always be in proportion to the vigour and activity with which these changes are carried on.

Furthermore, its remarkable power of purifying the blood will scarcely be denied. Its influence over the secretion of the skin alone is in itself a powerful means to this end. For it not only augments the natural secretion of this vast organ, but it forces it to throw out morbid matters which, under ordinary circumstances, do not form any part of its natural secretion. But it is not the cutaneous secretion alone which it controls. It restores and augments the whole of them; thus compelling the natural purifying organs to perform their proper task of purifying the blood. But it does more than this. For occasionally, if the blood contain matters which are unable to escape through any of the natural outlets, it establishes new and temporary outlets in order to give them passage out of the system.

It corrects also the curative power, or *vis medicatrix naturæ*. For this, as I have before shown, is but a modification of the nutritive functions; and when they are corrected, this will be corrected; and when they are feeble or disturbed, this also will be feeble or disturbed.

So again, nutrition is the final result of all the nutritive functions. It corrects, therefore, and exalts and perfects this final result by the beneficial influence which it exerts upon the actions which accomplish it.

It moreover increases the appetite for food, while it proportionally invigorates the power of digestion. Thus it fills the half-starved, ill-nourished organs, of the worn-out invalid with a plentiful supply of rich

new blood, on which they feed, and out of which they are nourished and strengthened.

In a multitude of minor ways and particulars, it hardens and invigorates the nervous system, strengthens the heart, and augments the energy of the circulation, and gives firmness and support to the brain.

In acute and inflammatory diseases it cools the skin, diminishes and allays excitement, quenches thirst, and restores the secretions and excretions.

There is still another mode in which it exerts a beneficial influence in certain chronic nervous diseases.

It is a principle in nature that whenever two bodies, of different densities and different temperatures, are brought into contact, an electric influence is established between them. This always happens, therefore, whenever the living body is brought into contact with cold water. It is this electric influence which produces that singular sobbing effect upon the breathing, which some persons experience when cold water is applied to the skin.

On reading over the above enumeration of the effects produced by the Hydropathic treatment upon the vital actions of the living body, it will be found that this treatment embraces and exercises all those powers which I had previously set down as necessary to constitute any kind of treatment into a remedy for disease. It will, moreover, be found, that these effects are precisely those which are claimed to be produced by those drugs and other medical appliances, the mode of whose beneficial action is at all understood, such as aperients, alteratives, sedatives, tonics, sudorifics, diuretics, &c.

What are the advantages of the Hydropathic treatment?

First, its superior efficacy, in all those cases to which it is applicable. Secondly, when judiciously practised, it never fails to leave the constitution and general health better and stronger than it found it, although it may fail to cure the particular disease for which it is administered. Whereas the drug treatment, even in judicious hands, when it does not cure the disease for which it is applied, will seldom fail to leave the constitution and general health weaker and worse than it found it. Thirdly, when a disease has been cured by the Hydropathic method, the convalescence is extremely rapid and the strength quickly recovered, whereas, when a disease has been cured by drugs, the convalescence is almost always very slow and protracted, and frequently the strength is not fully restored for several months; sometimes it is never fully restored. Fourthly, the drug treatment, however skilfully applied, frequently leaves behind it certain ill effects—certain injuries—which can never afterwards be eradicated. The Hydropathic treatment, practised with propriety, never does this.

If these things be so, and we verily believe they are, there need not be another word said, either in defence or in recommendation of the principles of Hydropathy, or of the necessity of its becoming a chief branch of medical study and tuition in all the Schools of Medicine. The marvel, indeed, is, that Hydropathy should have fallen into neglect, and that it should have been so long in once more command-

ing the attention which is due to it. Still more, is it strange that the world should owe its restoration, and the resurrection of its claims, not to the learning or the genius of academic halls, but to a simple German peasant. This, however, is in harmony with the subject of discovery generally, and also of the resurrection of doctrines and practices which have obtained in distant ages. Such, too, is the opposition with which it has so generally had to contend. Nor, to be candid, are its opponents wholly without an apology; all such things suffer, more or less, at the outset, from ignorance and empiricism, which are ever on the watch, and ever forward to seize upon such discoveries only to pervert and to disgrace them, and the consequence is, that such patronage induces a suspicion as to the character of its objects. *Such writers, however, as Dr. Johnson, will ultimately set matters straight, and vindicate this great power for human good. Hydropathy must inevitably, and soon, be received within the pale of the constitution of the empire of Medicine, and adequate provision be made for the full development and display of its legitimate properties and powers.* But we must cease. Were we to cite the half of the gem-passages of the volume, we should fill our sheet; we trust, however, that enough has been said to excite the notice of our readers, AND TO INDUCE, IN EVERY MAN AMONG THEM, A DESIRE TO POSSESS THE WORK FOR THEMSELVES.

EDITORIAL ARTICLE.

HAVING paid our respects to DR. JOHNSON, in an extended Review of his recently published Work, we must now add a word for the honour of old England. We are sick of the praises of PRIESSNITZ—we are unwilling longer to have that imported as a foreign product which is indigenous to the soil of our native land. DR. JOHNSON makes a passing reference to an eighteenth century abridgment of the Work of SIR JOHN FLOYER, which he strongly recommends: but we doubt whether the Doctor has seen the original, from the mistakes into which so correct a writer has fallen. The work was not published, as DR. JOHNSON says, by SIR JOHN FLOYER and DR. BAYNARD, but by SIR JOHN FLOYER

alone, and not in 1722, but in 1702; the portion by DR. BAYNARD being in the form of a very large postscript. Such is the bearing of the title-page of our own copy, which is the first edition; we say our own copy, for, like many other people of our own class, we presume, we have ever been addicted to medical reading, which we consider next to Theology, the most interesting and important species of human inquiry; and in our collections on this branch of study, we stumbled on this very scarce and very remarkable volume, which fully prepared us for hailing the advent of Hydropathy in its present more fully developed and systematic form. The work of SIR JOHN FLOYER carries the subject back to the days of HIPPOCRATES, and cites a multitude of facts, not less striking than the most striking of those of the present day. If we might not be deemed presumptuous,—all unlearned as we are in matters of pharmacy,—we would just hint, that, in our judgment, the volume of SIR JOHN FLOYER would well repay a careful perusal by even the most distinguished of the Faculty—we mean, of course, not the eighteenpence abridgment, of which DR. JOHNSON speaks, but the original work in octavo, consisting of 328 pages. SIR JOHN, dedicating his Work to the Royal College of Physicians, enters learnedly into the medical history of Hydropathy, showing its power and its prevalence in the earliest times, in this and other countries; and how, at length, it came to be disused in England. The passage is the following:—

I shall add one more reason of the disuse of cold baths, which was the increase and interest of foreign trade in the last century, which then introduced all the hot regimen from the hot climates, such as tobacco, tea, coffee, wine, and brandy-spirits, and spices, and these are unnatural to English bodies, for a cold regimen is proper to cold countries, as the hot regimen for hot regions, because they preserve our bodies in a state suitable to the ambient air; if we stop the pores by a cold regimen in hot countries, a fever and fluxes immediately succeed; and if we keep them open by a hot regimen in cold countries, defluxions, and intermitting fevers, and faintness happen.

SIR JOHN gives his learned friends the benefit of the following touch, from SIR WALTER RALEIGH:—

I cannot here omit that judicious remark of Sir Walter Raleigh upon the sacred story of the angel's advice to Samson's mother—To drink no wine while she was with child, that since women with child use too much wine and strong drink, they bring forth feeble children, and the whole race of strong men is decayed.

LORD BACON also serves him in his turn, his Lordship

having delivered himself with great decision on the subject of Hydropathy. One passage may be stated :—

The following assertion will more evidently show his good opinion of the cold regimen. He says, that the juices of the body are made less depreable by an austere course of diet in a life accustomed to cold by strong exercises, and certain mineral baths; and I must add, that these must be cold ones, and not hot, which hasten old age, and shorten life by evacuation of humours. I might instance in Sir H. Coningsby's long life, he being eighty-eight, and that he imputes to forty years' use of cold bathing.

SIR JOHN further cites examples, among which is the following :—

In Staffordshire at Willowbridge, they have found out a more bold practice than either the Greeks or Romans used; they go into the water in their shirts, and when they come out, they dress themselves in their wet linen, which they wear all day, and much commend that for closing the pores, and keeping themselves cool; and that they do not commonly receive any injury, or catch any cold thereby, I am fully convinced from the experiments I have seen made of it.

* * * * *

In the letters of SIR JOHN, which compose the volume, and in the copious Postscript of DR. BAYNARD, a large number of cases of cures are specified, and we regret we have not space to cite a portion of them; but we must leave them for a word to the honour of our native country, and to the humbling of the pride of Germany. Much has been said and sung, even by Englishmen, to the praise of the genius of PRIESSNITZ; but if the truth must be spoken, we do not think there is much genius in the matter. At any rate, there is, assuredly, no original discovery as to the principle. The honest natives of England knew and practised nearly all that is known and practised now by PRIESSNITZ, at Grafenberg, before his great great-grandfather was born. We are astonished, and not a little mortified, at the facility with which the honour of our own matrons has been bartered away to advance the glory of this Prussian peasant.

SIR JOHN FLOYER, anxious to collect the facts bearing upon the practice of his native country, appears to have issued a sort of circular of inquiry; and among those who answered him, was a gentleman in Newcastle, who, in the year 1700, sent a communication, from which we extract the following. Speaking of Rickets and their cure, he states, that the practice was, "to dip the children in the

evening, for a fortnight or longer, intermitting a day or more, in the whole, if the child be very weak." The Correspondent proceeds thus :—

Some dip them twice or thrice over head and ears with their shifts and night-caps on, giving them a little time to breathe between each immersion. Others dip them no farther than the neck, (because the water is apt to stop their breath) and dip their night-caps thoroughly, and put them wet upon their heads. Others (where the well is not capacious enough) content themselves to put the children into a tub of water, gathered from the spring, and dash the water upon them over head and ears. All which immersions are to be dispatched as quickly as may be, that so the child may not continue any longer in the water than is necessary, that is, till his body, and shift, and night-cap be thoroughly wet. Others out of tenderness to the child, or in regard to the child's weakness, content themselves with dipping only the shirt and night-cap in water, and put them on wet upon him.

As soon as the children are dipped, they, with their wet clothes on, are wrapped up in warm blankets over their head and whole body, and put immediately to bed, which instantly puts them into a *violent sweat*. In this condition they lie all night, till towards morning, the clothes are taken off by degrees, that so they may cool gradually, and, in the morning they have dry shirts and head-clothes put on; the same shift and night-cap in which they are dipped, are used all the time of their dipping, and are only dried.

The children, in three minutes' time, recover themselves of the fright which dipping puts them into; and, though for the present they may be weaker, (having exhausted their spirits by violent sweats,) yet they recover their strength gradatim by the help of strengthening jellies of harts-horn, calves feet, &c., insomuch that about the fall of the leaf, they are either perfectly recovered, or sensibly better. If one year's dipping proves not successful, 'tis repeated the next year, which generally answers expectation.

What say our readers to this? Where is the "genius" and the "discovery" of PRIESSNITZ now? Have we not here the very essence of his principle? He may have thrown around it an air of system, and he has, doubtless, improved the methods of its application; but will any man, after this, allow him the praise of discovery? We are not a little surprised, that these facts have never been referred to, so far as we know, before, and that it should have been left to us first to set them forth. There they are, however, and none can deny that they reduce the merits of PRIESSNITZ to very narrow limits, and show that he is a mere imitator, and demonstrate the folly of those Englishmen, who, at great expense of time and trouble, have left their home and their native country, that they might perform a pilgrimage to Græfenberg in order to be subjected to a process so thoroughly known to their own fathers. Nor was the sub-

ject of water, as a beverage, lost sight of, as will appear from the following :—

They who use water for their ordinary drink, have their humours least rarified, and, consequently, are least subject to the changes of the weather. For hot blood, like boiled water, is soonest froze or chilled; and, after exercise we soonest take cold. I will, on this occasion, mention the advantages of water-drinking. The water-drinkers are temperate in their actions, prudent, and ingenious; they live safe from those diseases which affect the head; such as apoplexies, palsies, pain, blindness, deafness, gout, convulsions, trembling, madness. The drinking cold water cures the following diseases, the hiccup, fœtor of the mouth, and of the whole body. It resists putrefaction, and cools burning heats and thirsts, and, after dinner, it helps digestion, and, if the diseases be very great, two or three ounces of water, cooled with ice, is sometimes given by physicians.

If the virtues of cold water be seriously considered, all persons would value it as a great medicine in the cases mentioned, and in preventing the stone, gout, asthma, and hysteric fits, and, to the use of this, children ought to be bred from their cradles, because all strong liquors are injurious to the constitution of children, whose spirits it inflames, and renders them mad, foolish, rash, tender, and intemperate in their passions.

To clear up this matter still more, we must cite another passage from the same Correspondent. Ten days after, he wrote to SIR JOHN FLOYER again, in reference to certain wells, when he says :—

The people that resort to these two places to be cured of fixed pains, whether in the joints or muscles, whether with or without tumour, and for such as come upon long rheumatisms and quartans, as well as strains and bruises, the rickets, and all weakness of the nerves, whether universal, or of any particular member.

They are immersed at all ages, viz., from six months old to eighty years. Children are twice or thrice dipped in, and presently taken out again, and, while they are in, the officious women at the well are active in rubbing their backs, or the maimed parts, but this seems only for form. Adult people stay in a quarter, or near half an hour.

We must conclude by a passage relative to the regimen of the Emperor SEVERUS :—

I think fit to recommend the regimen of Alexander Severus, a prudent emperor, to the present age, which Lampridius thus describes: first, in the morning he despatched all public affairs, whether civil or military, afterwards he read the Greek authors, then he applied himself to some moderate exercise, such as running, ball play, or wrestling, and afterwards, being anointed, he bathed in hot baths rarely or never, but in his piscina always, and stayed in it near an hour, and, in the morning, fasting, he drank cold water, about twenty ounces, and, after his cold bathing, he eat much bread and milk, eggs, mulsum, and, after these he dined often, but sometimes eat nothing till night. By this use of cold baths, he, like a philosopher, prepared his body for

his studies, and hardened it for war; by this wise method he lived to be old; and since, he came into England, and conquered his enemies here, and at last died at York. We may very well conclude, that his method of using cold baths was well known in England, and practised here ever since by the old Britains, who oft, on the account of cold bathing, frequented St. Winifred's well.

From all this, then, it will be seen that DR. JOHNSON, and his Hydropathic brethren are not to be viewed as new, but simply as old lights—as gentlemen whose glory consists, not in discovering new, but in bringing back old lost truth. and compelling the attention of a stupid and sluggish world to acknowledge a mighty power for the good of man. There can be no doubt that to PRIESSNITZ belongs the honour of rousing the attention of England to the subject of Hydropathy; but we entertain strong suspicions that PRIESSNITZ, by some means or other, perhaps without his knowledge, has lighted his torch at the fire of SIR JOHN FLOYER, as contained in this book. It will, indeed, be difficult, we think, for any man to read it, without coming to some such conclusion.

But, be this as it may, there is much reason to congratulate mankind on the accession of DR. JOHNSON to the Hydropathic Army. He is a man exceedingly to our taste, —so frank, so masculine, so intelligent, so eloquent, so fraught with common sense, and so stamped throughout with practical bearing. He is a charming teacher, a luminous expositor, a terrible opponent, a splendid patron! Fertile as England is in able men, we are satisfied there is not now living, Surgeon or Physician, who, as an adversary to Hydropathy, could stand before him, since the principle requires nothing but proper advocacy, and since he is fully competent to this. His eloquence is equal to his erudition; his expression does full justice to his thought; the one is marked by breadth and vigour, the other by strength and splendour. His oratorical powers as a writer, are of a very high order, a circumstance which has been of signal service to him as the High Priest of the Temple of Hydropathy. He is potent in defence—he is, if possible, more potent in assault. His volume is scarcely less remarkable or less valuable for its eloquence than for its science. It is, therefore, A RICH CONTRIBUTION, BOTH TO THE STORES OF LITERATURE, AND THE STORES OF MEDICINE.

It is not sufficiently known, that the application of water is only the chief of several things,—all of them important,

—employed in the process of recovery. The matter of diet and regimen can hardly be over-estimated, since, without regard to these, water alone, however applied, would, unquestionably fail, in nine cases, perhaps, out of twelve; whereas, matters of diet and regimen, fully carried out, would be of signal benefit, independently of water altogether. Like the “Dewsbury Devil,” so famous in the manufacturing districts of Yorkshire, it tears the strongest web of bad habits forthwith into tatters. This fact was finely illustrated in our pages, the other week, by the REV. THOMAS SPENCER, himself a patient under DR. JOHNSON. The sluggard, the glutton, the drunkard,—once in the hands of DR. JOHNSON,—is forthwith undone! There he is as a kid in the paws of the lion! His bones are broken by a stroke, and at one morsel he is devoured! This is a very special part of the miracles wrought at Hydropathic establishments,—that they have done for men of confirmed habits, what no one in a thousand has sufficient resolution or self-denial to do for himself. What a mercy had it been to poor COLERIDGE, had he, in the darkest day of his slavery, fallen into the hands of DR. JOHNSON?

FURTHER NOTICES OF THE WORK.

FROM THE WESTMINSTER AND FOREIGN QUARTERLY REVIEW.

“A work to be consulted by all who would investigate for themselves the laws of health, and who would dispose as much as possible with the very questionable aid of the apothecary.”

FROM THE NONCONFORMIST.

After a full examination of the work, with numerous quotations from it, the reviewer concludes: “We can only add in recommendation of the volume, that while addressed in the first instance, to the valetudinarian, it contains valuable instruction and advice for the new healthful and robust; and imparts in a pleasing style much scientific instruction, which cannot be too widely diffused. Its attractiveness, in this respect, is greatly increased by the earnestness and elevation of its tone, which is equally removed from the empty pomposity of the fashionable physician, and the dryness of the hard-headed and unsusceptible practitioner.”

FROM THE TRUTH-SEEKER, QUARTERLY REVIEW.

"In the work before us, we find a happy combination of the matured results of thought and experience. EDWARD JOHNSON, the mental philosopher and logician, unites here with DR. JOHNSON, the practical physician and popular writer, in producing a work on DOMESTIC MEDICINE, truly adapted to the Million—a work which, while it ably sustains the reputation its author had already achieved, cannot fail to do much towards establishing sounder notions of medical treatment, and in overturning the *chartered quackery which everywhere prevails.*"

FROM THE MORNING POST.

"THIS IS THE MOST SENSIBLE BOOK ON HYDROPATHY THAT WE HAVE ENCOUNTERED. * * It is pleasantly put together. Sometimes the language is graphic, and in no case is it dull or tedious; and the sentiments are frequently original. * * The work, in the hands of the Medical Practitioner, may serve as a guide, when a patient is desirous of undergoing the Water cure, but cannot afford the time required to visit one of those establishments in which the treatment is professedly carried out."

FROM THE MORNING HERALD.

"The reader will arise from the perusal of this book both amused and instructed; it is full of facts and illustrations, and affords ample instructions for those who may choose to avail themselves of the virtues of the Water cure."

FROM THE STANDARD OF FREEDOM.

"The work before us possesses similar attributes of resemblance to those of the others we have perused of DR. JOHNSON. It manifests the same clearness of arrangement, perspicuity of style, and happiness of illustration; there is no dulness in it, and the meaning intended to be conveyed is unmistakable. To those who may wish to adopt the Domestic Practice of Hydropathy as a family agent, we recommend this book, and to those who are not yet enlightened on the subject, we also recommend it."

FROM THE TEETOTAL TIMES.

"DR. JOHNSON treats all parts of his subject in that rational and perspicuous mode which renders all his publications so peculiarly interesting and instructive. * * * The 'Catechism of Health and Disease' is a most instructive section, which cannot fail to be read with deep interest by every person who may take up this original and attractive volume."

FROM THE RAMBLER.

"We may safely recommend DR. JOHNSON'S volume as a judicious exposition of the effects of Hydropathy, so far as they are known, and of directions for its application, so far as it has been made a matter of scientific experiment and observation. He is, as it appears to us, extremely rational and fair in his application of the remedy; being as far removed from the practitioners who denounce all drugs, and who would turn a man's inside into a sort of reservoir for water, as he is

from those who laugh at Hydropathy as a mere quack device, unworthy the attention of a well-educated physician."

FROM THE MANCHESTER EXAMINER.

"The book shows great industry and devotion to a principle, without which there is little chance of success in any undertaking that has to battle with the prejudices of the world, whether ill or well founded. * * There are many valuable hints in the book which those, more particularly, will find valuable who have had some experience of the treatment; and as this appears to be the main object of the writer, we may consider him to have fairly succeeded. There are many very valuable hints in reference to healthful discipline, that will be found useful even to the anti-Hydropathist."

FROM THE DURHAM ADVERTISER.

"We have lately read many works on the subject of no mean talent, which have treated the subject of Hydropathy with much learning; but we will candidly admit that DR. JOHNSON'S book is by far the simplest, clearest, and the one that can be the most easily understood by unprofessional persons. Any of our readers who are already votaries of the Hydropathic system, need not be told of the professional celebrity of the author; and those who are unacquainted with his name, we can assure that his reputation as a medical man stands high, and he has already enriched medical literature by the publication of some clever works. His present book on the Water treatment possesses every requisite for making it generally practicable in the domestic circle."

FROM THE CHURCH OF ENGLAND QUARTERLY REVIEW.

"One of the fullest and most intelligible accounts of the Water Cure; and there are many things in this book which are very well worth attending to, especially by the majority of our readers who belong to the sedentary classes of society."

FROM THE PEOPLE, No. 47, vol. ii.

"The *best* of the large works for Domestic use is DR. JOHNSON'S *Domestic Hydropathy*, lately published."

FROM THE WEEKLY NEWS.

"Sanitary reform might be essentially aided by the Water Cure, for surely one half, if not more, of the diseases to which flesh is heir, might be obviated by the liberal and judicious employment of water.

DR. JOHNSON is certainly a moderate, and therefore, a rational Hydropathist, and proves himself to be a sensible man.

If Hydropathy is destined to become localized in this uncongenial climate, it will be only by the exertion of such advocates of its moderate employment."

